

Practice 6: Confession

(adapted from p. 109 of the *Practicing the Way Companion Guide* available at practicingtheway.org)

This week's exercise involves **naming our sin to another person**, or confession.

We heal from sin by coming out of hiding. The path to being free from shame involves being open with someone we trust. James wrote, "Confess your sins to each other and pray for each other so that you may be healed" (Ja. 5:16). When we name our sin or shame or secret with a trusted person, we can experience healing.

1. **Find someone you trust.** This should be someone who will love and accept you, *and* call you up to holiness. You could talk to a spiritual friend, small group member, spiritual director, therapist, or pastor.
2. **Find a safe space.** Find a place to meet that is private enough for you to feel at peace.
3. **Name your sin or shame or secret.** Tell them the sin done by you, to you, and/or around you.
4. **Receive.** Let them love you, be faithful to you, and speak Jesus' forgiveness over you.

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For those of you **hearing** a confession, your role is important. Do not shame, lecture, scold, or judge. Welcome the person in love and speak Jesus' forgiveness over them.